

PLANETALK

167TH AIRLIFT WING

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ON THE COVER

The 167th Airlift Wing stand in formation on the flightline in front of an aircraft hanger at the 167th AW in Martinsburg, W.Va., June 8, 2019. The 167th operates C-17 Globemaster III aircraft. The unit delivers people and equipment to locations around the globe. (U.S. Air National Guard photo by Tech. Sgt. Michael Dickson)

ON THE BACK COVER

Lt. Col. Jason L. Harris, the 167th Aircraft Maintenance Squadron Commander, walks between Airmen during an open ranks blues inspection in hanger 306, June 6, 2019. During the inspection, ribbons, stripes and accouterments were checked to ensure all Airmen are meeting Air Force uniform standards. (U.S. Air National Guard photo by Tech. Sgt. Jodie Witmer)

COMMAND COMMENTS



Col. David Cochran
167AW WING COMMANDER



Command Chief Master Sgt. Troy Brawner
167AW WING COMMAND CHIEF

Vision
The Premier Airlift Wing
Mission Ready, Devoted to Airmen and Community,
Dedicated to Continuous Improvement

Dear 167th Team Members and Family,

It is with extreme sadness and a very heavy heart that I remind you that we lost a member of our 167th family this past Memorial Day weekend to suicide. In his 16-year career, MSgt Jason Cliber worked and traveled with many unit members, developing many professional and personal relationships throughout our wing.

Jason was a loadmaster and a senior NCO, but most importantly a husband, father, son and brother. We all extend our sincere condolences to his wife Laura, and their children during this difficult time. We are completely focused on supporting Laura, also a valued member of our wing family, as well as Jason's extended family. Sadness, guilt, anxiety and many other emotions are all natural responses to a devastating and tragic event such as this, but it's necessary to talk about it and we should talk about it. Please don't hesitate to lean on each other as we continue to recover from this tragic event.

You are not alone in your grieving and healing process. There are many resources available for unit members and our families. I've listed the members of the Disaster Mental Health Team that is available to help you.

- Director of Physiological Health, Ms. Christina Firescu-Williams
- Chaplain (Maj.) Ron Faith
- Airmen and Family Readiness Program Manager, Ms. Sherry Lewis

Additional web-based resources include; TAP-Tragedy Assistance Program for Survivors; Military One Source; Give an Hour; and Veteran's Affairs.

We will continue to ensure the wing provides the resources and leadership needed to guide us through this difficult process and time. Remain strong and continue to take care of each other. You must also have a renewed focus on Airmen care and self-care. I was reminded this week that the USAF loses more airman to suicide, than any other cause of death. So, get to know your fellow airman and be aware of their stressors. We must also continue to build a culture that removes any stigma associated with seeking help in times of need; and be knowledgeable of known indicators and warning signs.

Do you know the risks and warning signs? I'll remind you of some of them: relationship, financial or legal problems; work issues and lack of support (and these can be real or perceived); impulsive behaviors; chronic health issues; and alcohol/substance use-related problems. Many distressed Airmen will have more than one indicator, which places them at even higher risk for a negative outcome. Know the indicators.

I demand that you nurture a culture of responsible and professional behavior. A culture that reinforces the importance of diversity and inclusion. A culture that values and embraces all Airmen. Use this challenging time and circumstance to become stronger, and more resolved in all we do. We have suffered an irrevocable loss of a tremendous Airman. We missed him this UTA. We missed him in the Operations Support Squadron's training shop, in the weight room and he'll be missed on the next C-17 mission. But we will not forget MSgt Jason Cliber, and we must become even more resilient, as we recover from his loss.

We must recover both emotionally and operationally. Our Profession of Arms demands it. Our responsibility to fly, fight and win, on behalf of a tremendous nation demands it. Our commitment to exhibit Mountaineer Pride Worldwide, requires it.

Though the weeks preceding Super Drill have been difficult, and the road ahead will be challenging; our UTA was successful. Thank you for your dedication, resiliency and professionalism. There was a tremendous amount of training accomplished, and many readiness requirements were completed. We also welcomed new recruits, promoted deserving Airman and celebrated retirements with some of our seasoned warriors. The cycle of our wing continues, and we look forward to the future.

The start of UTA was marked by Lt Col Randy Wright's assumption of command. Lt Col Wright is the new 167th Airlift Squadron commander. He brings a wealth of talent and inspired leadership to his new role. On Saturday afternoon, the enlisted members planned and executed an entertaining, though not injury-free, combat dining-in. The end of UTA was celebrated with fun-filled events and good food. Thank you for continuing to build esprit de corps and strengthen the bonds that comprise our 167th team. You are awesome at your craft and I respect each of you for your commitment to our success.

Remember, no UTA in July. Some of you have been tasked in support of the World Scout Jamboree, which is being hosted by the great state of West Virginia. Others may have vacation plans. We all should take a much deserved break or a little R&R, doing the things we enjoy away from work. Enjoy your Fourth of July responsibly, and come back in August ready to continue our quest of excellence in all we do. You represent the very best our nation has to offer. Command Chief Brawner and I are honored to serve with all of you.

Mountaineer Pride Worldwide!

In Memory of



Master Sgt. Jason A. Cliber

Oct. 11, 1982 - May 26, 2019

The following is an excerpt from Capt. Sam Harrison's remarks at the memorial service for Master Sgt. Jason Cliber.

... what I'm going to say is about us, and where we go from here. I hope that some of these words will find their way into your heart, and out of tragedy and heartbreak, we can all grow stronger.

Life is about the friendships we make, the family we have, the relationships we cultivate. Hold each other close. Hug your kids. Tell them you're proud of them. Find yourself, your happiness, and let it spread, because if you're not happy you're no good to anyone else; and you alone are responsible for that.

If you're not happy with your life, change it. Don't like what you're doing? Don't do it. Don't chase the material things in this world. I've found that generally the more I have the less happy I am, and the less time I have to do the things I enjoy. I wish I would have figured this out earlier in life.

Put aside the Facebook, Instagram, Snapchat... sit in silence. Step outside of the self-centered worlds we all live in and truly experience the world and the people around you. Seek out those things that make you feel alive and do those. Take care of your body. Eat good food. Drink good wine. Travel. Do yoga. Lift something heavy. Run. Feel that burn in your lungs and pain in your body and know that that's what it feels like to be alive. Relish in that. Embrace it. Be thankful for it and don't waste a single second of the opportunity you've been given, because this life will pass you by in a split second if you let it.

Be humble. Listen more than you speak. Search inside yourself to create meaning from experience... not that those experiences are always positive, but the amazing thing is you have the freedom to choose how you see it, and what you learn from it. Seek out knowledge and understanding. Expand your mind and explore all the wonderful things this world has to offer, and never stop learning. Read. Be kind to one another.

Train your mind to be resilient. Don't accept defeat, don't make excuses, and, most importantly, take responsibility. Your circumstance is no one else's but your own. Teach this to your kids, because if you don't they're in for one hell of a difficult life. Be humble.

And when you think you've found the end, that you've learned all you need to learn, or done all you need to do, don't stop there. Get up and go after it. Every day. Whatever IT is.

The truth is, though, I'm not very good at any of those things. I've fallen more times than I can count, and disappointed many people along the way. What I can tell you, though, is you have to keep going. Happiness is a life-long pursuit that will elude you more often than you'd like... but that pursuit, the experiences you have along the way, the good times and the bad, is truly the beauty of it all. We only have one life to live. It will be gone in a fleeting moment of time. Make sure you live it...

Extended drill offers training and morale building for Airmen

by Tech Sgt. Jodie Witmer

The 167th Airlift Wing organized an extended drill weekend full of training and events, also known as "super drill," June 6-9.

A scheduled drill weekend of four days, instead of the typical two days, allowed members to participate in various trainings and morale events.

During a training rodeo, set up by base training, members completed the required Self Aide Buddy Care, Law of Armed Conflict and Chemical Biological Radiological and Explosive training all in one location.

Tech. Sgt. Jennifer Cooper, NCOIC of public health, said the medical group tested out a mass public health assessment questionnaire (PHAQ) process, they referred to as "PHA quick." "Many guard units are testing out this process and are finding it to be a huge success," said Cooper. "She added the medical group is aiming to accomplish more than double the amount of assessments during this drill and if it is a success, continue the event quarterly.

James Aselstine, the 167th chief of information protection, utilized the extended drill as a time to tailor security training into two of the three learning objectives, as opposed to clicking through slides.

"I think the more people get the information better and with super drill, I can get that out to more folks," said Aselstine.

Friday morning, approximately 300 members were able to enjoy pancakes prepared by the First Sergeant Council.

"We thought it was a good opportunity for troops to break bread together and take a breather in the middle of all the training that needed to be accomplished during super drill," said Senior Master Sgt. Julie Lozinski, a first sergeant at the 167th. "As first sergeants, we are invested in the health and morale of our Airmen and let's be honest, pancakes just make people happy."

The maintenance group offered job specific training as well as confined space, safety harness, vehicle operator, and corrosion control training.

"Our major coverage this super drill was to brief safety, no matter what mission or job the personnel are fulfilling," said Tech. Sgt. Jessica Hughes, the maintenance training manager at the 167th. "Super drill allows us to utilize the extra time for our traditional guardsmen to be more involved in day to day operations."

The inspector general office met with the wing inspection team Sunday and accomplished basic inspector training.

Senior Master Sgt. Robert Bowers, the 167th wing inspection team manager said the training briefed the latest inspector general related news over the past three months prepared the wing inspection team for what will be coming up in future inspections.

Some 167th members also got together with their co-workers for picnics and morale events such the combat dining-in on Saturday evening and for volleyball and corn hole on Sunday.

Approximately 60 enlisted members and few imposters, prior-enlisted officers, participated in the dining-in.

The goal of the event was to boost morale, comradery and have a great time connecting socially with wing members, said Master Sgt. Jennifer Day.

Chief Master Sgt. Troy E. Brawner, 167th wing command chief, remarked, "The combat dining-in was great! In the future I would like to see an all-inclusive wing dining-in with officers and enlisted members."

Brawner said, enjoying time with wing members during events, such as the combat dining-in, improves comradery and morale. Allowing time for our members to relax together from training helps members build stronger relationships with each other and develop unit cohesiveness. 🐾

Top right: Members of the 167th Security Forces participated in "Redman" training in front of building 134 at the 167th, June 7, 2019. During the training, security forces members practiced striking and blocking against the "Redman." (U.S. Air National Guard photo by Tech. Sgt. Jodie Witmer)

Middle right: Tech. Sgt. Shannon Fairburn and Master Sgt. James Keller, members of the 167th Airlift Wing, serve pancakes outside of building 309 at the 167th Airlift Wing, June 6, 2019. The pancake breakfast was sponsored and planned by the First Sergeant Council. Approximately 300 Airmen enjoyed the pancakes and about \$200 was raised in donations that the council plans to use towards different sponsorships. (U.S. Air National Guard photo by Tech. Sgt. Michael Dickson)

Bottom right: Firefighter's with the 167th Airlift Wing, Martinsburg, WV, practice proper shoring techniques to prevent structural collapse of a building during June 2019 Super Drill. The drill incorporated different facets of their job to include, responding to the location, scene size-up, simulated patient extraction and structural shoring (stabilization) techniques. (U.S. Air National Guard photo by Tech. Sgt. Michael Dickson)



West Virginia ANG joins JBPH-H in total force integration ops

by Senior Airman John Linzmeier, 154th Wing Public Affairs

JOINT BASE PEARL HARBOR-HICKAM, HI, UNITED STATES -- Members of the West Virginia Air National Guard worked alongside Sailors and Airmen at Joint Base Pearl Harbor-Hickam as part of a total-force-integration training opportunity, held May 13-24.

The team of 69 guardsmen, based out of the 167th Air Wing, in Martinsburg, focused on improving their ability to function in a total-force environment by working alongside active duty members from the 15th Wing and the Hawaii Air National Guard's 154th Wing.

"From the minute we met with the force support squadron from the 15th Wing and Hawaii Air National Guard, they were immediately welcoming," said 2nd Lt. Margaret Mayberry, 167th Force Support Squadron acting commander and services flight chief. "We could get a sense of the 'aloha spirit' and family. They immediately wanted to show us around and learn from us as much as we wanted to learn from them."

For active duty service members, it's normal to have a wide exposure to other bases, as members are constantly moving from station to station every few years. But for members of the Air National Guard, the majority of staff will remain at their home station for long periods of time. It's through annual training opportunities, such as this, that help diversify and influence daily operations.

Mayberry and other mission planners crafted a diverse schedule for their time on island, which enabled the West Virginia Airmen to spend half of their work-days with active-duty units and the other half with local guardsmen — an opportunity which is not available at their home station.

"Seeing active duty and guard units and how they work with each other is really valuable for us," said Mayberry, "because when you're within your own bubble and not actively training with other joint forces, you're not going to be able to see and understand the benefits of other practices."

Joint Base Pearl Harbor-Hickam hosts partnered units on a regular basis in order to combine their capabilities with joint and bilateral forces and other military components.

Due to an ongoing flow of deployment taskings, some departments on-island are left understaffed. Tech. Sgt. Matthew Pyne, 154th Logistics Readiness Squadron Individual Protective Equipment and Individual Equipment Element NCO in charge, said his team is always excited to work with visiting units because it helps them to take on large projects and learn new organizational skills.

"They were very knowledgeable in the inventory section," said Pyne. "We are doing a full-scale inventory right now for our 'chem gear' and now we're pulling back about 2,000 M-50 masks. They showed us different ways to consolidate our equipment, so now we have more space to do our inventory and work more effectively."

The West Virginia Airmen also integrated with several other squadrons and sections from both air wings, to include Force Support, Logistics Readiness, Contracting, Communications, and Public Affairs.

At the end of each duty day, Airmen gathered to discuss the lessons learned and review their experiences, such as refueling an F-22 Raptor for the first time or helping administer a routine physical fitness test.

"It's been highly rewarding to create new partnerships here," said Mayberry. "As a leader, some of the wonderful pieces I've seen is how my Airmen have been able to collaborate with new teams and see how quickly they can apply new concepts. Not only with other guard units, but active duty as well. It helps us to understand the importance of the total-force mission. So when there's a need for us to work at a deployed location, I'm confident that we can all work together."



Airman Katrina Sechler, 167th Airlift Wing Force Support Squadron member, recites the oath of enlistment with 2nd Lt. Heather Caviness, 167th AW FSS officer, during her promotion to Airman 1st Class at the 154th Wing, JBPH-Hickam, Hawaii, May 22, 2019. Members of the West Virginia Air National Guard worked alongside Sailors and Airmen at Joint Base Pearl Harbor-Hickam as part of a total-force-integration training opportunity, held May 13-24. (U.S. Air National Guard photo by Staff Sgt. Timothy Sencindiver)



Above: 167th Airlift Wing Communication Flight members pose with members of the 154th Wing Communication Flight, Joint Base Pearl Harbor-Hickam, Hawaii, May 23, 2019. During a combined effort, the 167th Communication Flight team helped clear over 70 trouble tickets in the 154th's 174 remedy que. Members of the West Virginia Air National Guard worked alongside Sailors and Airmen at Joint Base Pearl Harbor-Hickam as part of a total force integration training opportunity, held May 13-24. (U.S. Air National Guard photo by Staff Sgt. Timothy Sencindiver)

Left: Nearly 20 167th Airlift Wing Airmen volunteered some of their off-duty hours picking up trash and assisting with invasive plant removal during their temporary duty assignment at Joint Base Pearl Harbor-Hickam, Hi., in May. The Airmen collected 75 pounds of trash over one and a half miles of shoreline and cleared invasive plants over a 4000 square foot area. (photos courtesy of Senior Master Sgt. Julie Lozinski)



167th Medical Group tests new process

by Senior Master Sgt. Emily Beightol-Deyerle

The 167th Medical Group tested a new physical health assessment process, referred to as the PHA Quick, over June's unit training assembly. The medical clinic temporarily reconfigured its space to more efficiently service Airmen.

The new process is, in part, a result of the changing mission and requirements within the Air National Guard's Medical Service. Increased Title 10 requirements are shifting duty-status guardsmen positions away from the home station support towards patient movement capabilities.

The clinic, on average, completes 66 PHA's over a 16 hour period each UTA. After temporarily converting administrative offices into exam rooms or lab space, and creating a waiting area outside, 147 PHA's were completed in nine hours.

"The existing design of the medical facility has multiple bottlenecks, but during the PHA Quick process, the MDG temporarily modifies the flow and configuration of the clinic to allow for an increase in patient throughput," said Capt. Matthew Wine, the 167th Medical Group administrative officer.

Wine said future PHA Quick events will allow the clinic to conduct 450 PHAs over two days.

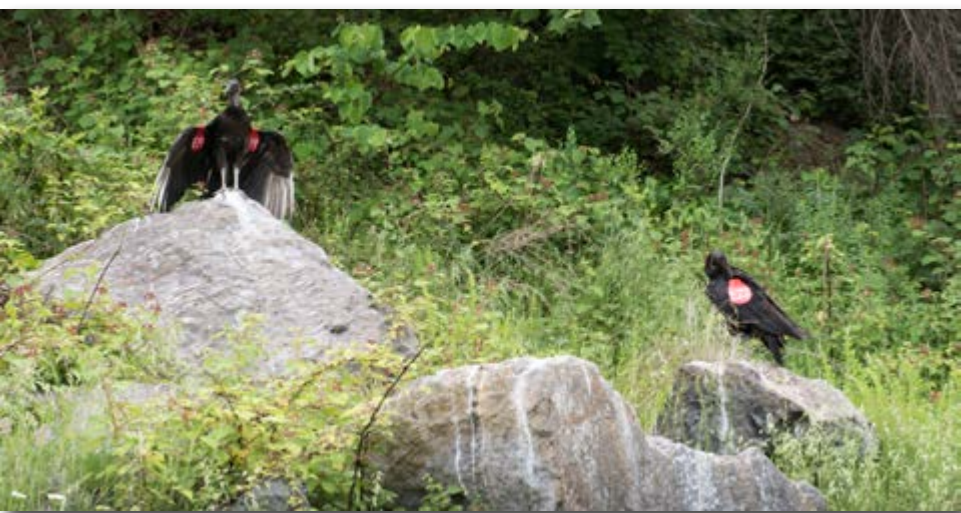
The process is designed to satisfy the majority of individual medical readiness requirements for the entire year in a single visit, Wine explained. The goal is for Airmen in flying status to complete their PHA's within an hour and non-flyers within 30 minutes.

Wine said they hope to have the PHA Quick events quarterly or biannually.

"This streamlined efficiency gives time back to the Wing for training while improving the medical readiness posture, enabling a rapid response to any local, state or federal mission," Wine said.

Airmen check in for their physical health assessment in a tent set up outside of the medical clinic as part of a new process tested by the 167th Medical Group, June 7, 2019. Check-in was moved outside to free space inside the building allowing more space to be used for exams and lab space. (U.S. Air National Guard photo by Tech. Sgt. Michael Dickson)





167th, Argos, USDA continue black vulture research

by Senior Master Sgt. Emily Beightol-Deyerle

Last year, the 167th Airlift Wing, Argos Cement Plant and the United States Department of Agriculture's Animal and Plant Health Inspection Service's Wildlife Services teamed up to research black vultures in and around Martinsburg, W.Va., in an effort to mitigate potential aviation hazards.

Since then, 164 black vultures have been fitted with red tags bearing an alphanumeric code and one black vulture now carries a telemetry device on its back so that the bird's movements can be tracked and studied.

Four more devices, jointly funded by Argos and the 167th, are slated to be placed on black vultures in the coming weeks.

Chad Neil, a wildlife biologist for USDA APHIS Wildlife Services-West Virginia and part of the 167th AW's Bird/Wildlife Aircraft Strike Hazard (BASH) team, said the device is already providing the team with useful information.

"We could see that [the black vulture] stuck around Argos for two days then looped around the airfield and then headed down to Front Royal, Va.," Neil said.

The solar-powered device weighs 45 grams and is expected to transmit a plethora of data for at least six months, according to Neil.

Maj. James Holsinger, 167th AW chief of safety, noted that the devices provide location, movement, altitudes, airspeeds, vertical velocity and activity levels.

"The [team] takes the tracker data combined with solar and lunar data, weather, season, and terrain features to identify high risk areas to our mission," Holsinger explained. "These high risk areas are then provided to crews to aid in their risk assessment and mitigation processes."

Andrew Frye, the environmental manager for Argos, solicited biologists with Conservation Science Global to help with the black vulture research.

Adam Duerr, director of research and senior wildlife biologist for Conservation Science Global and Trish Miller, also a senior wildlife biologist for Conservation Science Global, spent the afternoon of May 23, under a group of trees at Argos carefully fitting the device on a black vulture.

The biologists fashioned a harness from a smooth, lightweight and durable ribbon to ensure the device would stay put on the bird's back without impeding its ability to fly - a time-consuming process.

As Duerr and Miller fitted the device, Neil and a team of other USDA biologists, along with four Airmen from the 167th AW, tagged

other black vultures captured on the Argos property. Sixty-four black vultures were tagged and released that same afternoon.

The black vultures, a protected migratory bird, began making an appearance on the Argos property in the summer of 2017 and the population has steadily increased, according to Frye.

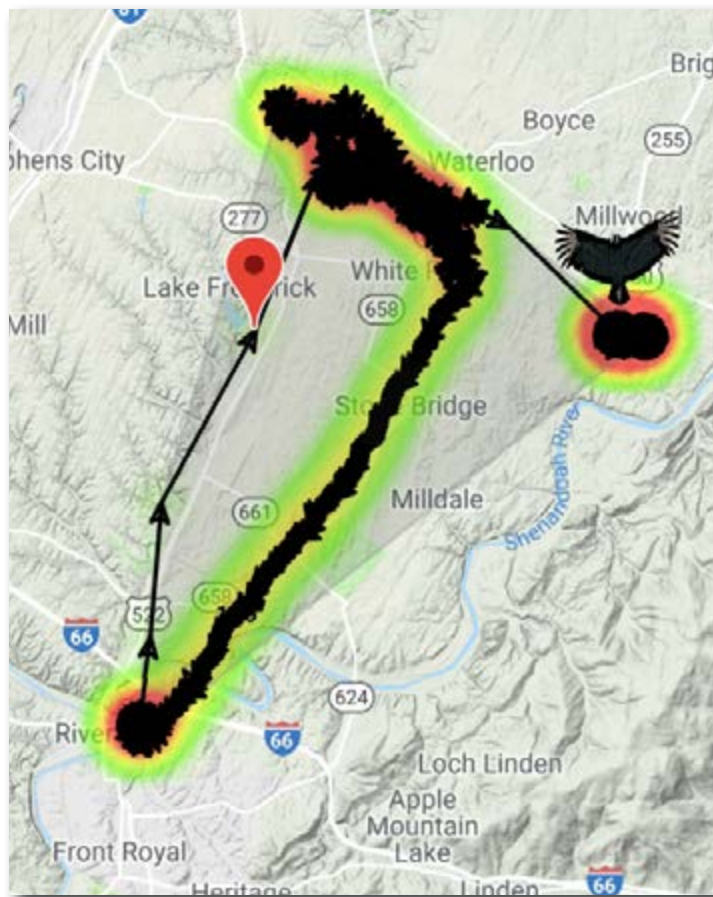
Neil said he surveys 200-300 birds each time he goes to Argos. The cement plant's deep quarry and heat thermals from the large kiln create an attractive environment for the birds.

With a wing span up to three feet, black vultures are often seen flying around the top of Argos' tower.

Neil said they have received a few reported sightings every week since they began tagging the black vultures last year.

Anyone who spots a tagged black vulture in the area is asked to send an email to vulture.tag@gmail.com with the location of the sighting, a tag number if visible and any behavioral information.

"The more feedback we get, the more we can collaborate, see what these birds are doing and manage the risks they pose," Neil said.



Top left: Biologists Trish Miller and Adam Duerr fit a harness for a telemetry device onto a black vulture at Argos Cement Plant in Martinsburg, W.Va., May 23, 2019.

Middle left: USDA biologists and Airmen with the 167th Airlift Wing work together to attach red tags with alphanumeric indicators on black vultures at Argos Cement Plant.

Bottom left: Black vultures perch on rocks after being fitted with red tags at Argos Cement Plant. The 167th Airlift Wing, Argos, USDA and Conservation Science Global, have partnered to study black vultures that have seemingly taken residence on Argos property and pose potential dangers to local air traffic.

Left: A screenshot shows the track of a black vulture carrying a telemetry device, just part of the data collected by the device that is aiding in a study of the bird's behavior.

Wright assumes command of airlift squadron

by Capt. Stacy Gault

Lt. Col. Randy Wright assumed command of the 167th Airlift Squadron June 6, during a ceremony on base in the wing dining facility.

Wright, a command pilot and prior-enlisted officer, replaced Col. Christopher Sigler, who recently became the mission support group commander. Wright's military career started in aerial port. As a pilot, he has served in current operations, tactics, scheduling and as chief of safety.

Wing Commander Col. David Cochran said squadron commanders should be deliberate, compassionate, passionate, inspiring, and smart, adding, Wright encompasses all of those qualities.

"The squadrons are really the heartbeat of the wing," Cochran said and further explained squadron commanders are the leaders that drive the culture of a unit.

"We have a great culture here and will continue that, but just know that you are impacting lives from the moment they set foot in your squadron until you release them to their next duty."

Wright said throughout his career, he's picked up leadership from many people, but one approach in building trust resonated with him: say what you mean and do what you say. Firmly declaring he is not a New England Patriots fan, Wright said he does have an appreciation for their success and head coach Bill Belichick's mantra which is, "do your job."

In addition to looking at each of his new team members to do their job each day, Wright said he also can't emphasize enough effort and attitude.

"Give your best effort, wherever you are, every day. Not all days are going to be equal, but within those days, only you know what your best is on that particular day." 🐾



Top right: 167th Airlift Wing Commander, Col. David Cochran, hands a guidon to Lt. Col. Randy Wright marking Wright's assumption of command of the 167th Airlift Squadron during a ceremony in the 167th Airlift Wing's dining facility, June 5, 2019.

Right: Lt. Col. Randy Wright, 167th Airlift Squadron commander, shares some of his thoughts on leadership during his assumption of command ceremony. (U.S. Air National Guard photos by Senior Master Sgt. Emily Beightol-Deyerle)



WVNG volunteers recognized at annual dinner

by Sherry Lewis, 167th AW Airman & Family Readiness Program Manager

A WVNG Martinsburg Volunteer Appreciation Dinner was held on 18 April 2019 at the Heritage Hall in Inwood, WV, to recognize and thank individuals and local agencies who have volunteered during 2018 to support to our 167th Airlift Wing and Martinsburg area Army National Guard service members and their families.

Approximately 79 persons attended the annual dinner consisting of community organizations and individual volunteers. Special guests speakers included CSM Phillip R. Cantrell, WVNG Senior Enlisted Leader, CMSgt David W. Stevens, State Command Chief Master Sergeant, Col. David V. Cochran, 167AW Wing Commander, and CMSgt Troy E. Brawner, 167AW Wing Command Chief. All volunteers recognized were given a Certificate of Appreciation hand signed by MG James A. Hoyer, The Adjutant General, and presented a WVNG Family Programs challenge coin.

The 167th Airlift Wing had 45 volunteers who logged hours of support during 1 Jan 2018-31 Dec 2018. Those volunteers consisted of family members, retirees, and current unit members. Total hours logged for 2018 was over 1,039 hours.

Wing volunteers supported Family Readiness Group (FRG) meetings, FRG annual events such as the Egg Hunt and Halloween Bash and Golf Scramble Fundraiser and Wing events such as Family Day, Blood Drives, deployment exercises, and Yellow Ribbon Events. Some volunteers are also Key Volunteers who are appointed by Commanders to Squadrons to work and support drill weekends and continually support their squadron assigned Airmen and their families during deployments, TDYs, and Squadron family events.

Two 167th volunteers received the Volunteer Excellence Award for their superior dedication and support.

Mrs. Geralyn Mohn, Wing Key Mentor and SFS Key Volunteer, had recorded an astonishing 468 volunteer hours in 2018 because of her support to both her Squadron and the Wing. CMSgt (Ret) Ron Glazer Sr, President of the Family Readiness Group, recorded more than 50 hours for the wing in 2018.

This occasion gave us the opportunity to honor and thank all of our volunteers who selflessly dedicated their time to support all of our Service Member and their families. 🐎



Left: Retired Chief Master Sgt. Ron Glazer Sr., president of the 167th Family Readiness Group, (Left) stands beside Col. Rodney Neely, 167th Vice Commander, after being given a Volunteer Excellence Award at the West Virginia National Guard Martinsburg Volunteer Appreciation Dinner, April 18, 2019 at the Heritage Hall in Inwood, W.Va. Glazer recorded more than 50 volunteer hours for the wing in 2018.

Right: Chief Master Sgt. Troy Brawner, 167th Wing Command Chief, Mrs. Geralyn Mohn, 167th Wing Key Mentor and 167th Security Forces Squadron Key Volunteer, Col. David Cochran, 167th Wing Commander, and Sherry Lewis, 167th Airman and Family Readiness Program Manager, stand together as Mohn is awarded a Volunteer Excellence Award at the West Virginia National Guard Martinsburg Volunteer Appreciation Dinner, April 18, 2019 at the Heritage Hall in Inwood, W.Va. Mohn recorded 468 volunteer hours in 2018 in support of her squadron and the wing.



Professional coaching

by Senior Master Sgt. Robert Fluharty, 167th Airlift Wing Human Resource Advisor



SMSgt Robert Fluharty
167AW Human
Resource Advisor

The Air National Guard has invested in professional coaching through the role of the Wing Human Resource Advisor (HRA). HRA's conduct 360 assessments and inclusion surveys as an effort to help supervisors and leadership see the triggers and disempowering beliefs holding them back, and these same skills are available to every member. The vision behind this effort is to improve inclusion through a change in organizational culture. While this is a shift from previous roles of HRA's in professional development; it is a better effort to address the problems or group think, toxic leadership, and maintaining the status quo. Your wing HRA has the resources to take you to the next level through your own efforts and actions to develop, grow, and achieve success.

But what is coaching you may ask. Coaching by definition is a form of development in which the coach supports a client to achieve a specific personal or professional goal, through introspective guidance. Coaches are not designed to replace leaders and mentors, but to augment them. A coach need not work in the same field as you, the client and need not be of similar experience or background. Coaches are trained to support you to work through tough situations and achieve your identified goals. The coach help you to identify any disempowering beliefs or triggers that prevent you from achieving your desired goal. Your goals can be transactional, where the achievement is immediately measurable or the focus is short-term. Additionally, goals can be transformational, where the underlying issue can be identified and you can make a major adjustment to actions, views, outlooks, or directions resulting in a change that may affect your long-term dreams or desires. As mentors lay out directions based on experience, coaches put clarity on your focus, meaning, and outcomes. Use the resources available to be the best Airman you can be. The Wing HRA is here to assist you as the master of your fate and captain of your soul.

Antiterrorism & Force Protection: Suspicious packages

submitted by Lt. Col. Tim Rice, Wing Antiterrorism Officer

This week's "Plane Talk" Antiterrorism tips deal with suspicious packages/mail.

Delivering an explosive or incendiary device through the mail is an anonymous and relatively risk-free way for a terrorist to hit a target. Fortunately, we can counteract this threat by identifying suspicious packages or envelopes and then safely dealing with them. What makes a package suspicious?

- An unusual or unknown point of origin.
- No return address.
- Return address doesn't match postmark.
- Incorrect spelling on package label.
- An excessive amount of postage.
- An abnormal or unusual size.
- An uneven balance or shape.
- Oily stains on the package.
- Wires or strings protruding from the package.
- Peculiar odor.

Of course any of these identifiers could just mean a relative, friend, or fellow Air Force member didn't do a good job of packaging a gift or part, but just the same you should be a little extra cautious. Usually after further investigation and examination of the exterior of the package or envelope there is enough evidence to indicate a package is safe to open. However, if you are still not certain of a package's safety after an examination of it, don't open it. Notify the Security Forces Desk at 5300. They will advise you on what to do and notify the personnel who need to deal with the situation.

If you think something is suspicious, then it is suspicious!

REMEMBER: Antiterrorism and Force Protection is EVERYONE'S job.

These tips, and other important information are located in the CJCS Guide 5260, Service Member's Personal Protection Guide: A Self-Help Handbook to Combating Terrorism, which can be found on the base intranet.

REMEMBER: Antiterrorism and Force Protection is EVERYONE'S job.
The 167th Airlift Wing Antiterrorism Officer is Major Tim Rice, 242-5084.



It's OK to not be OK!

by Cristina Firescu-Williams, LCSW-C



Cristina Firescu-Williams, LCSW-C
Director of Psychological Health

Whether you're a man or a woman, at some point in your life you most likely heard the words: 'big boys/girls don't cry.' I'd like to meet whoever came up with that thought and kick them in the shin with some steel toed boots as hard as I can and then kindly look them in the face and say: 'Big boys/girls don't cry.' The harsh reality is that life can really be unfair at times. We are human beings dealing with life's circumstances with not only logic but lots of emotions.

Any time life is not fair, we suffer a loss. It can be a small or big loss. You may have lost some time, lost your cool, you physically lost something, lost a friendship, a house, a marriage or a loved one. It's ok to admit that sometimes life just hands you too much.

Acknowledging your feelings regarding difficult situations in your life is an important step. What we do many times is that we ignore the little problem. It's easy to ignore the problem because then we don't have to deal with it and if we don't have to deal with it then there is no problem, right? Unfortunately, the little problem, the small feeling of frustration or sadness that we ignored just gets piled on top of all the other little problems we haven't dealt with until one day when our brain has reached its capacity of 'I can put up with all this crap' and says 'I'm done.' At that point the

volcano has erupted and we feel there is no turning back. That's when we may feel we have completely screwed up, we've lost too much, our depression/anxiety/anger has gotten the best of us and there is nothing left. We are exhausted, we've fought life and life just kicked you in the face. We've hit rock bottom!

I'm here to tell you that when we hit rock bottom we can either stay there or climb up. We have to take a hard look in the mirror and start making changes. Life is not easy. It takes a lot of hard work and there will be days when it will seem that no matter what we do we are not making any progress. That's OK. I've heard this said in many ways, but there is no progress without failure. It's OK to not be OK. It's OK to cry it out, to have bad days, to have a pity party and feel like we don't have any more to give. The most important thing is to pick ourselves back up and keep going. If what we're doing is not working, we need to change our strategy. If we handle things on our own, we need to find someone we can lean on. Sometimes we need to realize that maybe all the support we have is not enough and we need to seek professional help.

We are our harshest critics. We live in a world that presents us with seemingly perfect lives. We need to allow ourselves to admit that we are faced with loss and hurt and there are days we are not OK, but we also have the power to progress and make things better. An old friend of mine would occasionally say: "it's a bubble kind of day" and she would blow bubbles at her desk. What she meant was that it was kind of a rough day, but bubbles make everything better. So, allow yourself to admit when things are not OK, blow some bubbles and work on having a better day tomorrow.

P.S. I have bubbles at my desk if you need to borrow them!



For Our Service Members And Their Families

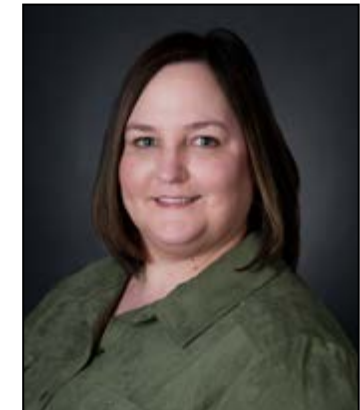
Airman & Family Program Office

* If you are retiring from the military in the next 2 years, or separating military and have an Active Duty tour in your past of at least 180 consecutive days, stop in to the Airman & Family Program Office and ask about the Transition Assistance Program (TAP). It's time to start your post-military planning and get familiar with the resources available to you. The Airman & Family Program Office is in building 120, room G37.

* Need a new resume? Are you looking for a career change? Contact the Airman & Family Program Office, 304-616-5590, and schedule an appointment for Federal career coaching and resume review. Airman & Family Program employment services are also available to your spouse or significant other.

167th Family Readiness Group (FRG)

* Family Readiness Group Quarterly Meeting – The next meeting is Tuesday, 11 June 2019, at 6 PM, on base in the Wing Conference Room, building 120. The meeting is open to all 167th service members, their families, and retirees.



The Family Programs Office is located in Bldg. 120, lower level. For more information contact Airman & Family Readiness Program Manager Sherry Lewis at 304-616-5590 or 1-866-986-4325

WING CARE TEAM QUICK REFERENCE

Chaplain Corps

304-616-5319

Chaplain Ronald Faith
Chaplain Jonathan Yost
Chaplain Jumaane Green
Chaplain Clinton Dunham
Chaplain Joshua Stevens



Director of Psychological Health

304-616-5939

Cristina Firescu-Williams

Airman and Family Readiness

304-616-5590

Sherry Lewis

Sexual Assault Response Coordinator

304-616-5991

Anthony Johnson

Walk with me

by Chaplain (Capt.) Jumaane Green



**Chaplain (Capt.)
Jumaane Green**

These three words can be the most influential thing we can do here in the 167th AW; without having to say anything but demonstrated through a simple act to show that we care. While this term can be used as a euphemism, it is also symbolic of actively being present for our comrade as they take the necessary steps toward healing in times of sorrow.

As many of you are well aware, we've recently lost one of our own in the Wing. Our Wing Commander, Col. Cochran said it best: "Just as you gather to mourn the loss of a family member or friend, we must gather here to support and comfort each other as we begin the healing process. It's imperative we focus our attention on taking care of one another during this difficult time. Just as a physical injury to the body takes time to heal, so does an injury to the soul. You are not alone."

Instead of trying to figure out the words to say to a person during their time of difficulty, take the time to listen. Allow them to open up when they are ready to speak, if they decide to. Presence is very powerful.

I've walked with many over the course of my time here at the 167th, and I've also had many walk with me during my challenging times as well. On several occasions I've had someone run with me during my PT test (Special thanks to CMSgt Todd Kirkwood...you're awesome!!).

This is my last UTA with the 167th. I will always consider the 167th AW family to me because you've all walked with me in your own unique way. My prayer is that you all continue to walk with each other as you allow the Lord to order your steps where "[God's] word is a lamp to guide [our] feet and a light for [our] path" (Psalm 119:105). Until we cross paths again I pray for peace and blessings to you all!

GLORIFYING GOD
SERVING AIRMEN
PURSUING EXCELLENCE





ACCOLADES



Welcome

AB Savanna Anderson, MXG
 AB Matthew Hawk, AS
 AB Cole Hixon, MXS
 AB Tristan Sprenger, LRS
 A1C Mitchell Beddow, LRS
 A1C Seth Knight, CF
 A1C Dane Labrie, AMXS
 A1C Austin Wesner, AS
 SSgt Leslie Siggins, FSS
 SSgt Kirby Anderson, AS
 SSgt Daniel Bishop, MXS
 SSgt Sheila Fuentes-Pinto, CES
 SSgt Sahngwon Lee, CPTF
 MSgt Jose Marrero, OSS

Welcome Back from Technical Training

A1C Alex Inocencio, AS
 A1C Michael Nasuti, AS
 A1C Tyler Rice, MXS

CDC High Scores

A1C Travis Johnson - CF

Fitness Test Scores - 100%

TSgt James Kees, LRS
 Maj James Munnis, AS

Promotions

To Airman

Sabrina Hite, FSS
 Katrina Sechler, FSS

To Senior Airman

Kayla Sine, SFS

To Staff Sergeant

John Buckley, MXS
 Lindsay Plotner, MXS

Promotions

To Technical Sergeant

Cody Miller, LRS
 Cody LeMaster, LRS
 Jordan Willis, AS
 Timothy Walling, MXS

To Master Sergeant

Cory Ritchey, MXS
 Samantha Kesecker, OSS

To Chief Master Sergeant

Kerry Anderson, LRS

To Lieutenant Colonel

Jason Harris, AMXS

Retirements

TSgt William Jones, LRS
 Maj Frank Noe, AS



Communications Flight Monthly Ticket Report

Month	# Opened	# Resolved	% Complete
Mar 19	262	153	58
Apr 19	243	261	107
May 19	241	265	110

Labor of love

As part of their "Labors of Love" event, Faith Christian Academy fifth-graders, staff and family members pulled weeds, planted flowers and spruced-up the entrance to the 167th Airlift Wing headquarters building, May 24, 2019. Their event coincided with the wing's base clean-up day. Airmen also planted flowers, pulled weeds and picked up litter along the fence line by U.S. Route 11. Each class at FCA volunteered at different local organizations for their Labors of Love day. FCA's fifth-graders were already familiar with the Martinsburg, W.Va. air base having recently completed a week of STEM training at the Martinsburg STARBASE Academy here. (U.S. Air National Guard photos by Senior Master Sgt. Emily Beightol-Deyerle)



The 167th AW is now available on the USAF Connect app.

1. Install USAF Connect from Apple App Store or Google Play
2. Access the Favorites Portal by tapping the Star icon at the bottom right of the screen
3. Search for desired organization and add to Favorites
4. Swipe left and right to switch between AF Connect and Favorites



167AW Mobile App Groups feature

Groups is the easiest and fastest way to connect and instantly communicate with any group within our unit. It's easy and intuitive. Anyone can request to start a group. Any unit-affiliated function can have a group. You can belong to multiple groups. Members must use their .mil email address to request a group. Once they join, members will have access to important information such as messages, schedules, event details, photos, notifications, and more.

Groups is an informal, non-secure communication system not approved for classified, PII, FOUO or other sensitive information. Always consider OPSEC when posting to a Group. Groups are periodically monitored for compliance.

